

# Health Fair/Coronary

## Risk Profile; Model

### In-Depth Release

26 Apr

If you smoke, have high blood pressure, and have a high blood cholesterol level, you could be a prime candidate for cardiovascular disease - the nation's number one killer.

Smokers, of course, have been getting the bad news for years. More recently, blood pressure awareness has increased tremendously. Cholesterol, though, and its role in the body's operation, remain pretty much a mystery to most Americans.

Straightforward information about cholesterol, including a reading of your own cholesterol level, is available at National Health Screening Council Health Fairs in Heber City's Middle School's gym on Saturday, April 26th, from 10:00 a.m. to 4:00 p.m.

NHSC Health Fairs offer Coronary Risk Profiles, blood screenings which evaluate your levels of Total Cholesterol, LDL and HDL. Simply explained: cholesterol is a necessary fat-like substance produced by the body and found in all foods of animal origin. LDL (known as "The Bad Cholesterol") is a combination of cholesterol and protein, high levels of which have been associated with increased risk of Coronary Heart Disease. HDL ("The Good Cholesterol") is a similar combination with more protein than has been linked to decreased risk.

To maximize the accuracy of results, participants should refrain from eating for 12 hours before the Health Fair. Water, black coffee, and plain tea are allowed. Prescription medication should NOT be interrupted; and diabetics should NOT fast. Cost for the Coronary Risk Profile with a Blood Chemistry Analysis of more than 20 blood components is \$15, which offsets laboratory expenses. The Blood Chemistry Analysis alone is also available at most Health Fairs for \$10 with a minimum 4-hours fast. These tests are optional. Numerous other screenings and educational learning centers are presented free at all locations.

The Coronary Risk Profile, like all National Health Screening Council screenings, is not intended to take the place of a physician's examination. These experiences help educate the participant by presenting a clearer picture of the body's condition and its needs.

The Health Fair is a public service provided by Wasatch County Health Department and by Wasatch County Hospital.

school in Idaho Falls was  
cognized as the top art  
ucator. He was nominated by  
hool administrators, peers and  
idents.

Art instructor at Wasatch High  
hool is Steven Gale.

# Dates For Set

0 North. Heber City. It will not  
necessary to bring your  
ndergarten student to this  
egistration, but please bring the  
ollowing items completely filled  
out:

1. Birth Certificate of Certi-  
ficate of Blessing.

2. Immunization clearance  
from the Wasatch County Health  
Department, 805 West 100  
South, Heber City, Utah. Take all  
immunization records with you to  
the Health Department. If  
immunizations are necessary,  
take your child to the health  
department for the clinics which  
are scheduled as follows: April  
7 - 5-7 p.m.; April 28: 9 a.m. to  
2 p.m.; May 1: 10 a.m.-1 p.m.

3. Kindergarten registration  
blank completely filled out.

4. Kindergarten milk program-  
if you wish to have your child  
participate in the kindergarten  
milk program, the cost is \$20.00  
and may be paid at the time of  
gistration.

State law provides that only  
children who are five years of age  
by September 1, 1986 are eligible  
for Kindergarten. There are no  
exceptions to this law.

## Annual

## Park City

## Ladies

## Luncheon

## Set for May 3

The Luncheon will be held  
Saturday, May 3, 1:00 p.m., at  
the Grubstake Restaurant, Pro-  
jector Square, Park City, Utah.  
Reservation must be made by  
April 28, the cost is \$8.00 per  
person. Payment must be made  
April 28, to hold reservation.  
Mail payment to Susan Gurule,  
P.O. Box 182, Midway, Utah  
84499. For further information,  
call Susan at 654-3618.